



THRIVING FAMILIES

Discover The Model For Families That *Works*

Are you feeling exhausted, stressed, and overwhelmed from raising your kids, teens or young adults? Would you love to move from conflict, arguments, and tension, to a family dynamic where communication is calm, everyone feels heard, understood and supported, and you are all part of making positive memories as a family.

You may see your child/teen struggling with managing their feelings, challenges in peer or family relationships, or lacking self-confidence and you're not sure how to help them. You might have children or teens that exhibit symptoms or signs of ADHD and/or anxiety and you're not sure what to do next.

And, this struggle may be negatively impacting your marriage and other relationships. Maybe you've tried therapy or other types of support that haven't helped, and you don't know what your next step should be.

Thriving Families is what I call "healing and beyond." This is a tailored approach to treatment, where we not only focus on healing immediate concerns, we go further to make sure that the foundation is created to thrive. This approach helps families to create better structure, support and communication long-term, and prevents reverting back to old patterns when treatment ends.

"Theresa's (work) transformed my family. The techniques I learned reshaped our family dynamic in such a heartwarming way. Each day, I'm grateful for this gem in our lives!"

- Maureen E.

Upon completion of *Thriving Families*, clients often notice the following changes:

- More open and effective communication between family members
- Stronger relationships and connection
- Consistent structure and routines at home
- Clear expectations and boundaries
- Support for each other's individual growth
- More quality time and shared experiences



You may feel that all of this is unrealistic, or wishful thinking... and that these changes seem impossible from where your family is right now.

But in my experience, with proper structure and support, combined with the application of targeted tools and strategies, families are able to see the kind of change that they've never been able to achieve before.

“Theresa's Thriving Families Program helped me to formulate ideas, emotions, and dreams that were bouncing around in my head for years, and were stuck in neutral. She helped me to tune in and to recognize what is truly my inner voice, and what is just fear talking. Her work with me has been so impactful, and has awoken a spirit within me that I am so grateful for. Our family experiences so much more harmony now, thanks to Theresa's program, support, and tools.”

- J.C., Thriving Families Dad

This program starts with:

A thorough, 90 min initial assessment where we will gather important history and information and clarify your goals for treatment in order to create a customized plan.

This work starts with you, the parent. That is not a small thing to ask, and it is also the most effective place to begin.



When parents develop greater self-awareness, emotional regulation, and communication skills, the whole family feels it.

Children and teens are then seen individually before the family comes together to work toward shared goals. The result is a family dynamic where everyone feels valued, understood, and genuinely supported.



About Theresa Garvin

Theresa has over 35 years of expertise in psychotherapy, including 7 years teaching at Boston College Graduate School of Social Work, 6 years working at the Hallowell Center in Sudbury, MA and more than 13 years running a successful private practice.

Through her own experience of family conflicts, turmoil, and feelings of constant overwhelm, she found what *works*, and she's now excited to share these tools and strategies with others.

Her mission? Helping every family move from merely surviving to genuinely thriving.



Together, let's create families filled with love, understanding, acceptance, and boundless joy!